



## Human health benefits supplied by Mediterranean marine biodiversity

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### Abstract:

This paper summarizes the overall benefits supplied by Mediterranean marine biodiversity to human health and highlights the anthropogenic and environmental causes that are threatening these benefits. First, the Mediterranean Sea is a valuable source of seafood, which is an important component of the so-called "Mediterranean diet". This type of diet has several health benefits, including cardio and cancer protective effects, which are attributed to the high intake of seafood-derived n-3 (omega-3) fatty acids. Second, the Mediterranean marine organisms, particularly the benthic ones, have furnished a large variety of bioactive metabolites, some of which are being developed into new drugs to treat major human diseases such as cancer. Third, the Mediterranean coastal areas provide environments for practising maritime leisure activities that provide physical and psychological benefits to users. Despite all this, fishing, tourism, contamination and sea warming are deteriorating this rich marine ecosystem, which needs to be protected to assure human welfare.

**Source:** <http://dx.doi.org/10.1016/j.marpolbul.2010.07.034>

### Resource Description

#### Exposure : ☒

weather or climate related pathway by which climate change affects health

Ecosystem Changes, Food/Water Quality, Food/Water Security, Other Exposure

**Food/Water Quality:** Biotoxin/Algal Bloom, Chemical, Pathogen

**Food/Water Security:** Fisheries, Nutritional Quality, Other Marine Productivity

**Other Exposure:** Water Temperature

#### Geographic Feature: ☒

resource focuses on specific type of geography

Ocean/Coastal

#### Geographic Location: ☒

resource focuses on specific location

Non-United States

# Climate Change and Human Health Literature Portal

**Non-United States:** Europe

**European Region/Country:** European Region

**Other European Region:** Mediterranean

**Health Impact:** ☒

specification of health effect or disease related to climate change exposure

Cancer, Cardiovascular Effect, Developmental Effect, Mental Health/Stress, Morbidity/Mortality

**Cardiovascular Effect:** Other Cardiovascular Effect

**Cardiovascular Disease (other):** congenital heart defect

**Developmental Effect:** Reproductive

**Mental Health Effect/Stress:** Mood Disorder

**Resource Type:** ☒

format or standard characteristic of resource

Review

**Timescale:** ☒

time period studied

Time Scale Unspecified

**Vulnerability/Impact Assessment:** ☒

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content